

# The Pattern on the Trestleboard

## This Is Truth About The Self

0. All the Power that ever was or will be is here now.
1. I am a center of expression for the Primal Will-to-Good which eternally creates and sustains the Universe.
2. Through me its unfailing Wisdom takes form in thought andn word.
3. Filled with Understanding of its perfect law, I am guided, moment by moment, along the path of liberation.
4. From the exhaustless riches of its Limitless Substance, I draw all things needful, both spiritual and material.
5. I recognize the manifestation of the Undeviating Justice in all the circumstances of my life.
6. In all things, great and small, I see the Beauty of the Divine Expression.
7. Living from that Will, supported by its unfailing Wisdom and Understanding, mine is the Victorious Life.
8. I look forward with confidence to the perfect realization of the Eternal Splendor of the Limitless Light.
9. In thought and word and deed, I rest my life, from day to day, upon the sure Foundation of Eternal Being.
10. The Kingdom of Spirit is embodied in my flesh.

# THIS IS TRUTH ABOUT THE SELF

A Qabalistic Interpretation of

THE PATTERN ON THE TRESTLEBOARD

by

DR. ANN DAVIES

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## PREFACE

**Dr. Paul Foster Case** inspirationally received **The Pattern on the Trestleboard** from the Master of Wisdom who gives spiritual guidance to the work of Builders of the Adytum (a non-profit religious organization), founded upon the esoteric teachings of the **Secret Wisdom of Israel** as embodied in the practical mysticism of the Holy Qabalah.

*The Pattern on the Trestleboard* is a most startling set of positive statements relating to the ten Divine Emanations of the Qabalistic Tree of Life. It is both an affirmation of Reality and a meditational technique. It helps the spiritual aspirant attain to a more conscious expression of this Reality. It is a **tenfold** picture of the destiny of man in the evolutionary scheme as revealed by the Secret Wisdom. In learning how to live this Divine Pattern on the Trestleboard man becomes the manifestation of Cosmic attributes. Because so many aspirants have asked for an enlarged interpretation of The Pattern on the Trestleboard to help them on the Qabalistic Path Builders of Return, Dr. Ann Davies, Spiritual Director of Builders of the Adytum, presents this short analysis of each of the Sephiroth of the Tree of Life.

**Dr. Paul Foster Case**, beloved founder of **Builders of the Adytum** (also known as **B.O.T.A Temple** of Tarot and Holy Qabalah), under instruction from the Spiritual Hierarchy, personally trained Dr. Ann Davies to enter into her destined life work as his successor. This training included full guidance through her Qabalistic Initiations into Adepthood. After **Dr. Paul Foster Case** had assured himself that reliable contact with the Spiritual Hierarchy had been achieved by **Dr. Ann Davies**, he withdrew from this incarnation, his mission having been completed. **Dr. Ann Davies** then received instruction from the Spiritual Hierarchy to release additional aspects of the **Secret Wisdom of Israel**. The time had become ripe for hitherto exoterically unknown portions to be revealed. Through her instrumentality these new and profound spiritual riches from the **Inner School** are now being disseminated and made available for **posterity**.

**Dr. Ann Davies** is a true bearer of **The Light**. Her voluminous poetry and other writings have brought inspiration to members and friends throughout the world, as a lecturer, prior to her passing to the inner planes, in 1975, she was incomparable. Her beautifully lucid lectures reveal a rare combination of intellectual brilliance pervaded with mystical power. These are but a few of the endowed qualities that have made her a light bearer of extraordinary luminosity, as borne witness by the innumerable letters of love and gratitude that come from our members, both near and far, who are fortunate enough to receive her teachings.

Membership in B.O.T.A. includes metaphysical instruction in the Ageless Wisdom through correspondence lessons in Practical Mysticism, the Sacred Tarot, Spiritual Alchemy, Esoteric Astrology, etc., as well as supplemental Qabalistic diagrams, books and Tarot Keys.

For further information, write to:

BUILDERS OF THE ADYTUM  
P. O. Box 42278  
5105 North Figueroa Street

[www.bota.org](http://www.bota.org)

Los Angeles California 90042

To you, who reach for spiritual enlightenment,

MAY LIGHT BE EXTENDED UPON YOU

In L.V.X ( Light)  
BUILDERS OF THE ADYTUM  
The Grand Chapter

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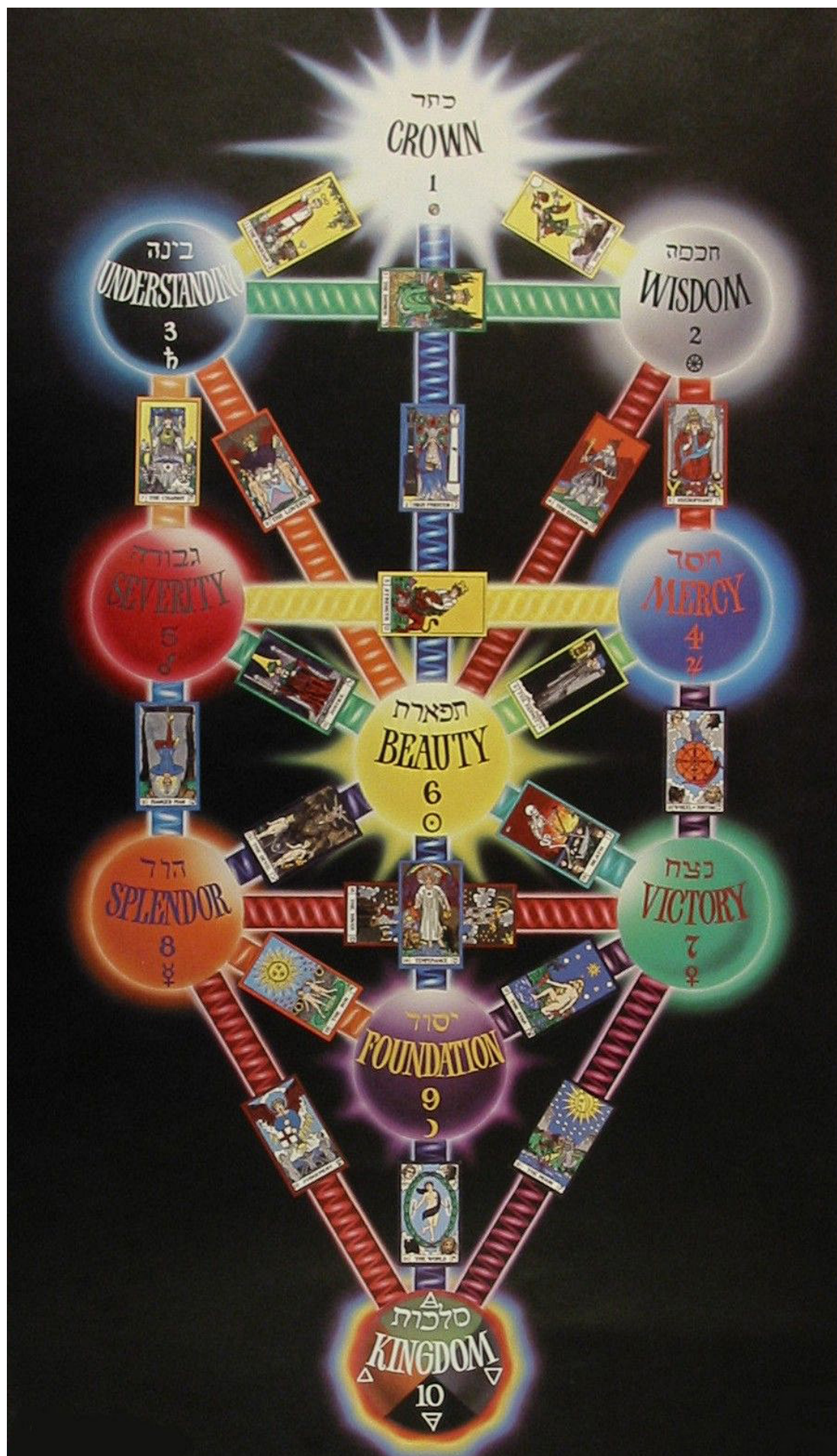
What do we mean when we say, **I Am** ? Man has been telling himself untruths about his selfhood and like a dreamer weaving fantasies he experiences the pictures he creates. Man identifies himself with the moving pictures on the screen of consciousness, and becomes so lost in the story he unfolds to himself that he loses all sense of identification with the True Watcher. . . the Experiencer. . . that aspect of himself which Creates. Like a person lost in a movie or in a book, Man is so concentrated within the smaller field of phenomenal manifestation, that he becomes unaware of his larger Self.

**The Pattern**, therefore, starts off with a **strong suggestion**. It is saying in essence, “**Wake up!** You are not that which you have identified yourself! You are not that which you have been **dreaming!** Wake up and see **what you truly are!**”

Announcing that “*This is Truth About The Self*” is aimed at bringing the consciousness to attention so that it can discover what Self *really* is. This introductory potent declaration, then, brings one’s awareness to a state of joyous anticipation. . . a spirit of questioning . . . a desire to learn **what is really true**. It is an anticipatory awakening from the delusion of false identifications with the various aspects of personality experiences . . . a new hope for release from bondage.

What is the “*Truth About The Self*” ?





## ALL THE POWER THAT EVER WAS OR WILL BE IS HERE NOW

The ZERO precedes manifestation. It is therefore placed before the ten Divine Emanations and referred to as the *Limitless Light*. It is a symbol for that which is beyond thought. It is the Absolute which the mind of man can not encompass. Nevertheless, it is that from which all things and states of consciousness proceed. It is the **Cause of all things** and yet it is the No-thing. It is the ALL *within* which consciousness, awareness, life and beingness abide. It is the womb of God. It cannot be comprehended, but it may be apprehended.

Again we may use the dream analogy and ask: Is the dream real in the usual sense? Does it occupy space? Does it have solidity? Is it actually endowed with the attributes of sight sound, taste, touch and even odor? Yet while the dreamer is dreaming, the experiences are real.

Assume that the manifestation of the physical universe proceeds from the thought processes of the Absolute. If so, it exists within Man, and Man experiences these Cosmic thought processes as the physical universe in which he lives. The thought processes of Man are vast and ever expanding. But the thought processes of the Absolute and its Self-awareness of its potencies are limitless. Therefore . . .

*All the power that ever was or will be is here now! This is Truth about the Self.* We are part and parcel of the limitless Absolute Consciousness. Consciousness is all we have. Whatever consciousness can picture, whatever consciousness can think, . . . it automatically creates! We live and move and have our being in the *All Consciousness*. We are consciousness, and we have limitless eternal powers of consciousness, yesterday, today, and tomorrow. We have it *Now*. **This is Truth about the Self.**

## 1

### I AM A CENTER OF EXPRESSION FOR THE PRIMAL WILL-TO-GOOD WHICH ETERNALLY CREATES AND SUSTAINS THE UNIVERSE

The statement numbered ONE refers to the first comprehensible idea that man can entertain. On the Qabalistic Tree of Life it is called, Kether, The Crown, The One, The Indivisible.

How can "I" be a center of expression for the **One** Creator? Another analogy will help us to understand this idea more fully. I, Ann Davies, am a daughter. I am a different kind of daughter to my mother and father. I am a sister. I am a different kind of sister to each of my several sisters. Each one sees and experiences me from the unique point of view which is theirs. I am a mother to my daughter. I am a different friend to each of my friends. I am a teacher to students, and a student to the Inner School Masters of Wisdom.

I am as many *relationships* as experience brings, and yet at all times I **am** still what *I am!* In the same manner, the One Life lives every "I" whether it be a human being, a star, a creature, or a tree. Whatever has consciousness "I" *must* be a center of expression for the **One** Consciousness of which it partakes. Whatever "I" experiences itself as being, *is the way creation and sustenance of the phenomenal universe takes place.*

I **am** therefore an eternal center of expression *for* God, *in* God, and *of* God! I **am** the way the One Self experiences the uniqueness of my group relationships. I **am** eternally secure as a *Center of Expression for Life!* **This is Truth about the Self.** It is your Self and my Self. The potential is infinite.

## THROUGH ME ITS UNFAILING WISDOM TAKES FORM IN THOUGHT AND WORD

The statement numbered **TWO** refers to that aspect of the Tree of Life which is called **Wisdom**, The Cosmic Father, The Life Power.

In order to have **Wisdom** the mind must train itself reach to larger vistas than its own currently limited data. When we practice the enlarged mental attitude, we gradually realize that the Life Power is **All-Wise** Consciousness and that Wisdom gives us insight into the significance of relationships. The declaration that this exalted awareness expresses "*through me*" starts the process of withdrawing our false identification of "I" with our experiences. True objective evaluation then becomes possible.

The very act of *acknowledgement* of the Cosmic Self as being immanent in my "I-ness" lifts the heart and mind to that enlarged Self-concept which starts to open the gates of thinking, feeling, speaking and doing. Subtle awarenesses start to come from the Larger Life which give insight into situations and problems.

The **unfailing** Wisdom of the Cosmic Self-expression can be directly perceived and consciously expressed when we remember to keep reaching for it! Partake, then, of that which is there for you! Your every thought and word can become an ever more potent form an expression of the *Living* Wisdom of the Limitless Light! **This is Truth about the Self.**

## FILLED WITH UNDERSTANDING OF ITS PERFECT LAW, I AM GUIDED MOMENT BY MOMENT, ALONG THE PATH OF LIBERATION

This statement lifts the heart to an acceptance of Cosmic Law. . . a willingness to rely upon it in the face of any outer appearance. On the Qabalistic Tree of Life, it is assigned to **Understanding**, The Cosmic Mother The Form Giver, The Divine Soul, The Principle of Evolution.

The statement numbered **THREE** helps the heart to accept and recognize Divine Guidance moment by moment. No matter how dark the immediate picture, we develop the ability to see it as a stepping stone towards the Larger Self. This declaration aids us in overcoming that sense of aloneness which man suffers from so poignantly.

Understanding that the Self is growing its instrument fear in accordance with Divine Law, you need no longer fear that you will stumble and fall. You will come to realize that the very falling is under Guidance and that liberation from false identification is the liberation you will reach! You are not going it **alone!** **This is Truth about the Self.**



## FROM THE EXHAUSTLESS RICHES OF ITS LIMITLESS SUBSTANCE I DRAW ALL THINGS NEEDFUL, BOTH SPIRITUAL AND MATERIAL

The **fourth** Divine Emanation on the Tree of Life refers to the powers of the Self as expressed through **Mercy**, Memory, Benevolence, Expansion, etc.

What is Memory? It is Self-remembrance! When we remind ourselves to remember who and what we are, and what it is that lives us, our attention is then expanded to our Larger Self.

The **Limitless Substance is Consciousness** which draws from its **exhaustless** creativeness a never-ending **wealth** of life-experiences. The knowledge of these bountiful **riches** puts an end to the **poverty** complexes which circumscribe our expectations. Thus we can dare to recognize that our very participation in the Cosmic Manifestation makes available to us *all things needful* both spiritual and material.

What can limit the power of our consciousness? Only the false belief in **limitation**. Knowledge that we create for ourselves what we **think and feel and expect** stops the nonsense of expecting lack. We can expect anything that the Self is capable of thinking and feeling consistently!

Think and feel **exhaustless** riches in **relationships** and **material requirements** and then draw it from the **All! You are wealthy beyond comprehension!** You can draw a wealth of poverty or the fullness of life. The exhaustless riches are built from what you draw! **This is Truth about the Self.**

## I RECOGNIZE THE MANIFESTATION OF THE UNDEVIATING JUSTICE IN ALL THE CIRCUMSTANCES OF MY LIFE

The **fifth** Divine Emanation on the Tree of Life expresses **Cosmic Law**. It is assigned to the powers of Strength, Justice. Action and Volition.

That which we *do*, is the result our basic patterns of thinking, feeling and self-identification. If we think and feel insecurity, then we *act* in such ways as to experience this insecurity in our relationships and/or material conditions. We reap **that** with which we identify ourselves.

**Justice Is Not Punishment!** It is merely the reaping of self-experience in terms of what we have done with our powers of consciousness. This statement, therefore, helps us to throw away our **guilt** complexes. We come to see that to the degree that we develop the ability to identify our Selfhood with powers of love, compassion, riches of spirit etc., to that degree does the manifestation of **Undeviating Justice** bring us the actual experience of what we are expressing in terms of our changed identifications.

No matter what we are today, no matter how dark or warped our present life patterns seem to be, we are changing it **Now** by what we are asserting about **our true Self!** We do not need to feel better or hopeless about ourselves or anyone else any more.

Understand that we all have been reaping our own **immature pictures**. You can **now change** these pictures closer to the heart's desire. Accept the past as the inevitable result of ignorance, and your consciousness then feel free to think of Justice as the miracle of unfolding consciousness, learning to know itself and its Powers! Be comforted for **this is Truth about the Self.**



## IN ALL THINGS GREAT AND SMALL, I SEE THE BEAUTY OF THE DIVINE EXPRESSION

The **sixth** Divine Emanation is assigned to Adam, Generic Humanity, the Ego seated in the hearts of men, the Christ Awareness. It is the image-making faculty centering the Tree and called **BEAUTY**.

“Beauty is in the eyes of the beholder.” What we *see* in life is what we *experience!* If we interpret life as ugly, then sordidness and ugliness become our lot. We experience whatever it is that we think we are.

It is our *consciousness* that sees! We see outside what we build inside. Remember the analogy of the dream. When we train ourselves to see from the level of the true Self, we see that *everything* is a miracle of Divine expression. To a person in love, the beloved beautiful matter how anyone else may be seeing the same individual. This is the secret of seeing!

Fall in love with the miracle of manifested life as an expression of the Divine and you will see it as it really is instead of through the warped mirror of false identification, which brings limited interpretation. Fall in love with the miracle of awareness, which is the way God experiences **Self in Form**, and you will see that all things **great and small** are the garments of the Lord of Life. Thus will you find in your own life that the Divine Poet in you sings joyous hymns of praise. And thus also, will your life become one of Beauty incarnate.

Love the Beauty of Life, and life bring you and beauty! **This is the glorious Truth about the Self.**

## LIVING FROM THAT WILL, SUPPORTED BY ITS UNFAILING WISDOM AND UNDERSTANDING, MINE IS THE VICTORIOUS LIFE

The **seventh** Divine Emanation is called **Victory**, and is said to be the expression of the desire nature.

This statement is affirming that every desire is the way that man experiences the Divine Will. It is only as man feels desire that he is activated into thinking and doing. The essence of desire is the inner need to find fulfillment.

Immature man, lost in the frustrations of identifying self with disunity, competition, and aloneness, misinterprets desire, thus dreaming up ignorant and unevolved forms for the fulfillment of desire. Desire is actually the pull of Divine Will towards the Self-experience of unfailing **Wisdom and Understanding**. When man learns to see Desire as the *way* that God motivates self-experience until it finally arrives at true Self-awareness, then the desire nature changes. Man must want only that which the Divine Will has in store for him as the next essential step towards fulfillment of the Self. In actuality, every desire is a *promise!* It is the motion of Life Itself . . . the truly Victorious Life!

Know your desire to be in God, from God, of God. You will thus become a true channel through which the Divine Will finds fulfillment Understanding, Wisdom, Mercy, Strength, Beauty and Victory will walk **with** you and **in** you. This is in store for you, as you learn to **live the Truth about the Self.**

## I LOOK FORWARD WITH CONFIDENCE TO THE PERFECT REALIZATION OF THE ETERNAL SPLendor OF THE LIMITLESS LIGHT

The **eighth** Divine Emanation is called **Splendor**. It is assigned to the functions of the intellect.

The intellect of Man is the way God experiences the ability to weigh and measure the myriad aspects of manifestation. The intellect differentiates one thing from another, developing discrimination through this type of awareness. This in turn helps us to learn how to experience ourselves as both the One and the Many at the same time!

The intellect is the instrument for true Individuation. This eighth statement tells us that the evolution of ourselves as Individuals is an **Eternal Splendor of the Limitless Light** which in turn is the Consciousness of God. You must train yourself to **look forward with confidence** to your inevitable destiny. . . to realize yourself as an **Eternal Being in God and for God!**

The intellect of man is analagous to the scientific microscope. Through the intellect God experiences the minute aspects of Selfhood and Self-experience. It is your glorious destiny to become fully Self-conscious of this miraculous truth. Look forward to this with faith, for it is the joyous **Truth about the Self**.

## IN THOUGHT AND WORD AND DEED, I REST MY LIFE FROM DAY TO DAY, UPON THE SURE FOUNDATION OF ETERNAL BEING

The **ninth** Divine Emanation is called the **Foundation**. It is assigned to the function of automatic consciousness, or the Vital Soul which humanity shares with all living creatures.

This is the area of consciousness in which the mental patterns are tested. It is that aspect of the mind which projects the images into manifestation and is therefore also associated with subconsciousness and the astral body.

The Foundation for our manifested experiences comes from the mental automatic habit patterns held in our subconsciousness. We must change these habit patterns in order to change manifestation. When we learn to rest our lives in the recognition of who and what we are — the true Selfhood — as a daily and constant practice we experience the Eternalness of our Being.

We must say to ourselves, “The Self thinks my thoughts! The Self speaks these words! The Self is the True Actor in me!” This constant self-affirming brings the awareness of the Divine Emanations from above and within into our **every thought, word and deed**. It starts to transmute the old negative immature habit patterns. It purifies subconsciousness, gaining new vitality from the immanence of the Eternal. New habit patterns are formed only if we work upon them day by day by day!

Keep asserting and learning how to live the Truth of this statement, and darkness will surely flee! Fears will melt! Your life **does** rest on the sure Foundation of Eternal Being . . . for **this is the eternal Truth about the Self**.

## THE KINGDOM OF SPIRIT IS EMBODIED IN MY FLESH

This **tenth** Divine Emanation is called The **Kingdom**. It is the manifested universe. It is the flower of the Tree of Life. It is the fulfillment of the Divine Emanations. It is the purpose of Self-experience. That is the physical aspect of life is that towards which the Eternal is forever pressing.

The Divine Will apparently creates and grows physical vehicles in order to experience Itself in and through these forms. A physical vehicle cannot be outside of God since God is all there is! When God thinks, "I, flower," then a flower is experienced by those aspects of consciousness which are sharing in this thought. When God thinks, the form which comes into being can be nowhere else except within the consciousness of God.

My consciousness and your consciousness are God's Consciousness! We are the Creative Spirit in Its aspect of both the One and the Many. Your flesh and my flesh are forms that the Self takes for self-experience. **Your body is a Temple for the Living God!** Revere it. But do not become lost in identification with it.

The Kingdom of Spirit is **embodied in your flesh!** Your body is a form that Consciousness takes, and you are Eternal Consciousness of everything you have ever been, of what you are, and what you will be! The garments of God are yours to enjoy. Wherever form is, this is truly the glory of God. You walk on Holy Ground and you are the **Temple, the Adytum, not built by hands!** *This is Truth about the Self.*

**In L.V.X (Light)**